

Treatment for Youth with Disorders of Anxiety (TRYDAT)

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TRYDAT is a cognitive behavioral therapy protocol for children and adolescents with anxiety.

Age group: 3-17 years of age
Length: 14 sessions, 97 steps
4 Handouts
32 Worksheets
12 Homework sheets

Overview

The protocol includes steps for education on the interplay between cognitions (thoughts) and behaviors and emotions, learning relaxation skills, cognitive restructuring, behavior replacement, office-based exposures, and in vivo exposures between sessions.

Contents

97 total steps, including 56 core tasks.
CT = core task

SESSION 1

- Step 1.1 CT Explain the purpose
- Step 1.2 CT Explain the concept that worries, or anxiety, connects to feelings and behaviors
- Step 1.3 Create a visual Analogy for Change
- Step 1.4 CT Introduce first Roadway book assignment
- Step 1.5 Define anxiety symptoms
- Step 1.6 Overview of the protocol
- Step 1.7 CT Introduce topic of resistance/reluctance

SESSION 2

- Step 2.1 Briefly review last session
- Step 2.2 CT Accurately identify feelings
- Step 2.3 Go a bit deeper
- Step 2.4 CT Draw body feelings
- Step 2.5 CT Introduce stress thermometer
- Step 2.6 Expand upon the Analogy for Change
- Step 2.7 CT Assign first homework
- Step 2.8 Revisit the issue of reluctance and rated it on a scale of 1-10.

SESSION 3

- Step 3.1 Briefly review last session.
- Step 3.2 Introduce the concept of the toolkit.
- Step 3.3 CT Teach relaxation technique of slowed, paced breathing
- Step 3.4 CT Teach relaxation technique of muscle relaxation
- Step 3.5 CT Teach relaxation technique of mental imagery
- Step 3.6 CT Assign homework with homework sheet
- Step 3.7 Revisit the issue of reluctance and rated it on a scale of 1-10.
- Step 3.8 Parent issue: Possible privacy / boundary Issues.

SESSION 4

- Step 4.1 Briefly review last session
- Step 4.2 CT More history: Past month
- Step 4.3 CT Create a Worry Tamer
- Step 4.4 Explore the family context related to worrying
- Step 4.5 CT Re-visit the cognitive triad or wheel
- Step 4.6 CT Explain homework and give homework check sheet
- Step 4.7 Re-visit with parent possible Boundary Issues

SESSION 5

- Step 5.1 Briefly review last session
- Step 5.2 CT Introduce techniques to modify thoughts
- Step 5.3 CT Introduce Thinking Traps or Styles
- Step 5.4 Include the role of the Worry Voice in the Thinking Traps
- Step 5.5 CT Update status of the boulders or Worry Tree
- Step 5.6 CT Explain homework and give homework check sheet
- Step 5.7 If needed, re-visit possible Boundary Issues with parent

SESSION 6

- Step 6.1 Briefly review last session
- Step 6.2 CT Create Stimulus Hierarchy
- Step 6.3 CT More history. Last year
- Step 6.4 CT Re-visit and expand upon Thinking Traps or Styles
- Step 6.5 CT Explain homework and give homework check sheet

SESSION 7

- Step 7.1 Briefly review last session
- Step 7.2 CT Complete first drawing/imaginal exposure
- Step 7.3 CT Rate anxiety with a stress thermometer followed by relaxation
- Step 7.4 CT Identify an automatic maladaptive thought and re-frame it
- Step 7.5 Conduct Perspective Taking exercise
- Step 7.6 If needed, Worry time for overwhelming worries
- Step 7.7 CT Explain homework and give homework check sheet

SESSION 8

- Step 8.1 Briefly review last session
- Step 8.2 CT Complete drawing/imaginal exposure with a medium anxious memory

- Step 8.3 CT Rate anxiety with a stress thermometer followed by relaxation
- Step 8.4 If appropriate, re-visit Worry Tamer
- Step 8.5 CT Identify an automatic maladaptive thought related to the exposure item
- Step 8.6 More history. More than one year ago
- Step 8.7 Repeat Perspective Taking exercise
- Step 8.8 CT Explain homework and give homework check sheet

SESSION 9

- Step 9.1 Briefly review last session
- Step 9.2 CT Complete drawing/imaginal exposure with a medium anxious memory
- Step 9.3 CT Rate anxiety with a stress thermometer followed by relaxation
- Step 9.4 CT Identify an automatic maladaptive thought related to the exposure item
- Step 9.5 Repeat Perspective Taking exercise
- Step 9.6 Update status of the boulders or Worry Tree

SESSION 10

- Step 10.1 Briefly review last session
- Step 10.2 CT Complete drawing/imaginal exposure with a medium anxious memory
- Step 10.3 CT Rate anxiety with a stress thermometer followed by relaxation
- Step 10.4 Identify an automatic maladaptive thought related to the exposure item
- Step 10.5 CT Safety Planning
- Step 10.6 CT Explain homework and give homework check sheet
- Step 10.7 Preview that the protocol typically terminates after 14 sessions

SESSION 11

- Step 11.1 Briefly review last session
- Step 11.2 CT Complete drawing/imaginal exposure with a medium anxious memory
- Step 11.3 CT Rate anxiety with a stress thermometer followed by relaxation
- Step 11.4 Identify an automatic maladaptive thought related to the exposure item
- Step 11.5 CT Address safety planning
- Step 11.6 CT Explain homework and give homework check sheet

SESSION 12

- Step 12.1 Briefly review last session
- Step 12.2 CT Complete drawing/imaginal exposure with a medium anxious memory
- Step 12.3 CT Rate anxiety with a stress thermometer followed by relaxation
- Step 12.4 If Worry Tamer is being used, re-visit using that today.
- Step 12.5 Address safety planning
- Step 12.6 CT Start reviewing the Roadway Book
- Step 12.7 CT Re-visit status of the boulders or Worry Tree
- Step 12.8 Explain homework and give homework check sheet
- Step 12.9 Preview plans after Session 14

SESSION 13

- Step 13.1 Briefly review last session
- Step 13.2 CT Complete drawing/imaginal exposure about the near future
- Step 13.3 CT Complete drawing/imaginal exposure about the distant future
- Step 13.4 Address safety planning

- Step 13.5 CT Continue reviewing the Roadway Book
- Step 13.6 CT Explain homework and give homework check sheet

SESSION 14

- Step 14.1 Briefly review last session
- Step 14.2 CT Review the entire Roadway Book
- Step 14.3 CT Final status check of the boulders or Worry Tree
- Step 14.4 CT Final review of automatic maladaptive thoughts and thinking traps
- Step 14.5 CT Provide diploma

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